



3Türmelauf
Bad Langensalza / 22.04.2018

Detailed evaluation

Penzel, Dirk

Club: Ausbilder Schmidt
Number: 218

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:17:54

Speed: 9.24 km/h
Running performance: 6:14 min/km

Rank in course/Total: 226 (of 267)

Rank in course/Men: 173 (of 196)

Best time in course: 41:37

Rank in category: 32(of 37)

Best time in the category: 45:54

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	0.50	3:11	6:21	36	1:38	186	1:42	0.50	3:11	6:21	36	1:38	186	1:42
Lap 2	9.00	53:08	5:54	34	22:31	183	25:20	9.50	56:19	5:55	34	24:09	183	27:02
Last lap Finish	3.00	21:35	7:11	27	7:51	145	9:15	12.50	1:17:54	6:13	32	32:00	173	36:17